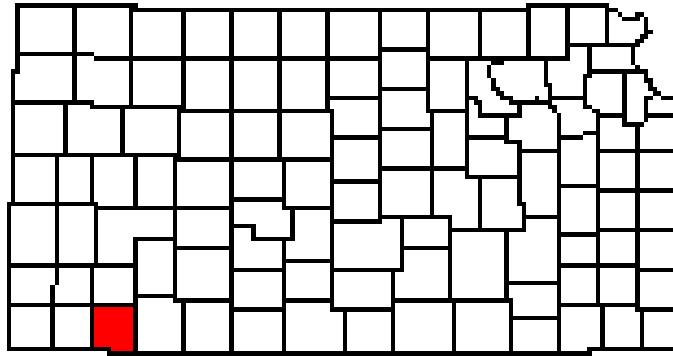


# SEWARD



## Books:

The following Arthritis Foundation books are available at:

[Liberal Memorial Library](#)

519 N. Kansas

Liberal, KS 67901

620-626-0180

<http://www.lmlibrary.org/>

*Good living with Arthritis*

*Good living with Osteoarthritis*

*Good living with Rheumatoid Arthritis*

*Good living with Fibromyalgia*

*All about Back Pain*

*Guide to managing your arthritis*

## Rheumatologists:

There are no rheumatologists located in your county. Please see surrounding counties or rheumatologist located in **COLORADO** or **OKLAHOMA**.

## Programs:

### **Arthritis Foundation Aquatic Program**

The warm water exercise program offers improved joint flexibility, range of motion and muscle strength. Videos are available for at-home exercises from the Arthritis Foundation.

**Seward County Community College**

1801 N. Kansas

Liberal, KS 67901

**CONTACT:**

620-624-1951

## **Arthritis Foundation Exercise Program**

This program is a gentle land-based exercise class for increasing or maintaining joint flexibility, range of motion and muscle strength. Videos are available for at-home exercises.

Currently, there are no Arthritis Foundation Exercise Program classes offered in your county. Please see surrounding counties.

### **Support Groups:**

#### **Arthritis Support and Education Group**

First United Methodist Church  
116 W. 3rd  
Liberal, KS 67901

For Information Call:  
Wendell/Reba Smothermon:  
620-624-4682